

Healthy Eating Index (HEI)-2020 components and scoring standards ^a

Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
HEI-2020 Applies to ages 2 and over			
Adequacy Components			
Total Fruits ^b	5	≥ 0.8 cup equiv. per 1,000 kcal	No Fruit
Whole Fruits ^c	5	≥ 0.4 cup equiv. per 1,000 kcal	No Whole Fruit
Total Vegetables ^d	5	≥ 1.1 cup equiv. per 1,000 kcal	No Vegetables
Greens and Beans	5	≥ 0.2 cup equiv. per 1,000 kcal	No Dark Green Vegetables or Legumes
Whole Grains	10	≥ 1.5 oz equiv. per 1,000 kcal	No Whole Grains
Dairy ^e	10	≥ 1.3 cup equiv. per 1,000 kcal	No Dairy
Total Protein Foods ^d	5	≥ 2.5 oz equiv. per 1,000 kcal	No Protein Foods
Seafood and Plant Proteins ^f	5	≥ 0.8 oz equiv. per 1,000 kcal	No Seafood or Plant Proteins
Fatty Acids ^g	10	(PUFAs ^h + MUFAs ⁱ)/SFAs ^j ≥ 2.5	(PUFAs + MUFAs)/SFAs ≤ 1.2
Moderation Components			
Refined Grains	10	≤ 1.8 oz equiv. per 1,000 kcal	≥ 4.3 oz equiv. per 1,000 kcal
Sodium	10	≤ 1.1 grams per 1,000 kcal	≥ 2.0 grams per 1,000 kcal
Added Sugars	10	< 6.5% of energy	≥ 26% of energy
Fatty Acids	10	≤ 8% of energy	≥ 16% of energy

^a The HEI-2020 components and scoring standards are the same as the HEI-2015. Intakes between the minimum and maximum standards are scored proportionately.

^b Includes 100% fruit juice.

^c Includes all forms except juice.

^d Includes beans, peas, and lentils.

^e Includes all milk products, such as fluid milk, yogurt, and cheese, and fortified soy beverages.

^f Includes seafood, nuts, seeds, soy products (other than beverages), and beans, peas, and lentils.

^g Ratio of poly- and monounsaturated fatty acids (PUFAs and MUFAs) to saturated fatty acids (SFAs).

^h PUFAs = polyunsaturated fatty acids.

ⁱ MUFAS = monounsaturated fatty acids.

^j SFAs = saturated fatty acids.